Appetising dishes for the Hot days

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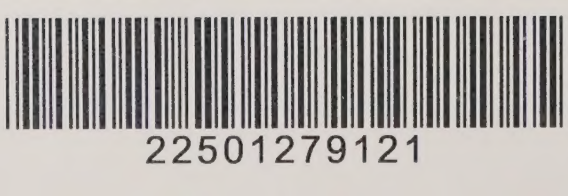
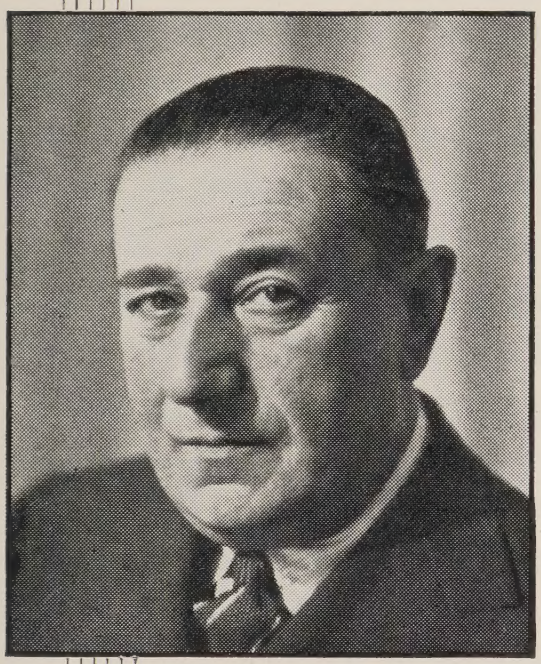


APPETISING DISHES *for the* HOT DAYS



by
X. M. BOULESTIN
of the
Restaurant Français

IT is a great mistake to believe that in hot weather a meal must be a collection of cold dishes. Nothing is more monotonous, nothing less inspiring than this succession of cold fish, cold meat either plain or disguised, jellified, upholstered with white sauce or drowned in mayonnaise. With the good cold dish either before or after, we must have a hot light dish, very spicy and savoury, of the kind that is likely to tempt a jaded palate or revive a failing appetite even on a really hot summer evening. Curry, after all, comes from the East, a hot dish in a hot country. In the same way, we get tired of cold puddings, however good ; so, in place of a cold sweet, we may occasionally substitute a very light sweet to which a small glass of liqueur gives an added pleasantness —dishes in which that touch of unexpectedness makes for success.

Radiation

RECIPES

SCALLOPS.

Regulo Setting Mark 8

Having washed the scallops well, boil them in salted water for five minutes ; take them out and chop the red part and the white together with one small onion, tomatoes (skin and pips removed), two mushrooms and parsley ; add a small piece of butter, and cook a quarter of an hour. Add a tablespoonful of white breadcrumbs, one of the water in which the scallops have boiled, salt and pepper. Fill the hollow shells with this mixture, sprinkle with breadcrumbs, add a small piece of butter on the top and brown in the oven or under the grill.

Allow one scallop to each person and the same quantity of chopped vegetable as there is of scallops.

BAKED LOBSTER.

Regulo Setting Mark 8

Take a cooked lobster, cut it in two lengthwise and remove the flesh from the tail and the claws. Chop it coarsely with a few mushrooms (previously cooked in butter), add salt and pepper, a little butter, a tablespoonful of cream, and cook for a few minutes only. When reduced to the proper consistency fill the shells with the mixture, sprinkle with breadcrumbs, add a few small pieces of butter on the top and brown in the oven.

TURBOT MORNAY.

Regulo Setting Mark 8

Bring to the boil a pint of water flavoured with a tablespoonful of vinegar, a few slices of onion, a bouquet of bay leaf, thyme and parsley, and let it simmer ten minutes. Put the small turbot, or slices of turbot, in the liquid at the boiling point and cook it slowly (about a quarter of an hour, according to size) ; when cooked remove it and drain it well. For the sauce, take a

piece of butter the size of a walnut, melt it in a small saucepan, stir in same quantity of flour, cook half a minute, and add a little hot milk. It will thicken at once. Dilute with more milk, bring to the boil and cook a quarter of an hour, adding more milk when necessary. It should have the consistency of cream. Add very little grated cheese and a yolk of egg. Whip well, pour over the turbot in a fireproof serving-dish, sprinkle a little more cheese, and brown in the oven or under the grill.

BAKED STUFFED POTATOES.

Regulo Settings
Mark 7 for Potatoes
Mark 8 to brown

Bake in the oven, in their skins, some large floury potatoes, having first washed and scrubbed them well. When they are well cooked cut them in two very carefully and remove the pulp, taking care not to damage the skin.

Work it well with a little butter, chopped parsley, grated cheese (Parmesan and Gruyère), fresh cream, and salt and pepper. Fill the skins, sprinkle with grated cheese, brown in the oven or under a gas grill, and serve at once.

STUFFED TOMATOES.

Regulo Setting
Mark 4

Cut the tomatoes in half, remove the seeds, scoop out the flesh. Fill them with a mixture of pork sausage-meat, flesh of tomatoes, fried onion chopped, a little minced mushroom, and breadcrumbs moistened with tomato juice. Put a small piece of butter on each and cook in the oven in a buttered dish.

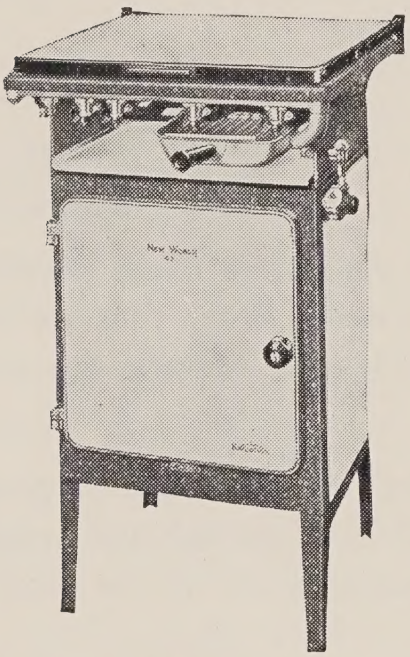
CHEESE TART.

Regulo Settings
Mark 7 for Pastry
Mark 6 to set Mixture

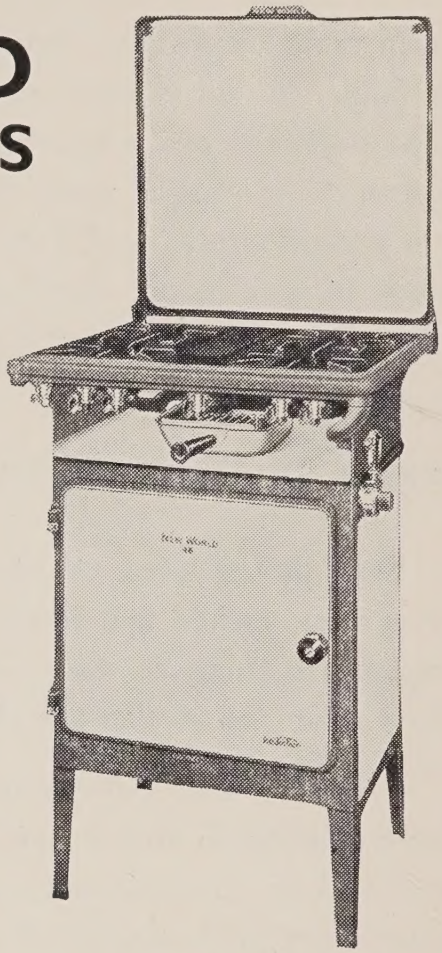
Prepare a flat open tart with semi-flaky pastry and bake it. Meanwhile, mix and beat well the following mixture: Grated cheese (Gruyère and Parmesan mixed in equal parts), about

NEW WORLD
GAS COOKERS

Nos. 45 and 48



NEW WORLD No. 45
with cover plate closed



NEW WORLD No. 48
with cover plate raised

These all-enamelled gas cookers are the latest in cooker construction. Note the hinged cover-plate which can be lowered to cover the hotplate when the hotplate is not in use.

All hotplate burners are self-lighting, fitted with the Radiation patent non-lighting-back device. The high speed grill reaches toasting heat 60 seconds after lighting.

The beautiful " Radar " Mottled Enamel finish can be cleaned in a moment by simply rubbing over with a damp cloth.

SPECIAL FEATURES :

- Super-speed boiling burners and grill.
- Self-lighting hotplate burners with patent non-lighting-back feature.
- Single oven burner at back, but lighted at front.
- " Regulo " oven-heat control.
- Bottom-flue-outlet.

a quarter of a pound, one egg beaten, two rashers of bacon fried crisply and broken in small bits, and about the same quantity of cream as there was of cheese (this can be measured in a glass), a little pepper. Mix well and fill your tart with the mixture. It should be rather thick, and if the cream is thin add a little more cheese. Bake in the oven till the mixture is set and the top golden—that is, about ten to twelve minutes.

CHEESE SOUFFLÉ.

Regulo Setting Mark 8

The basis is Béchamel sauce, to which you add a handful of grated cheese (Parmesan and Gruyère mixed is the best).

The soufflé dish must be well buttered, not be more than three-quarters full, and, of course, it must be brought straight out and quickly to the table.

The proportions for a soufflé are always the same : the foundation of fish, cheese, or whatever it is, and a little more white of egg than yolk. For instance, for four people use four yolks of egg and five whites ; this is about the best size for a soufflé, and it is better, should more be wanted, to make two than a large one.

You have your preparation ready (Béchamel and cheese) ; to that when hot you add the yolks of egg, stir them in well, cook a minute or so, and let the mixture get cool. Meanwhile, beat the whites to a really stiff froth and add them lightly, putting in first half of it, then the rest. The mixing must be done with a light hand.

The beating of the whites should be done with a fairly broad wire whisk, beginning very slowly and increasing the speed progressively when the whites begin to become frothy. This will make the whites really stiff and dry, without any trace of that oily liquid which is sometimes found at the bottom of the bowl.

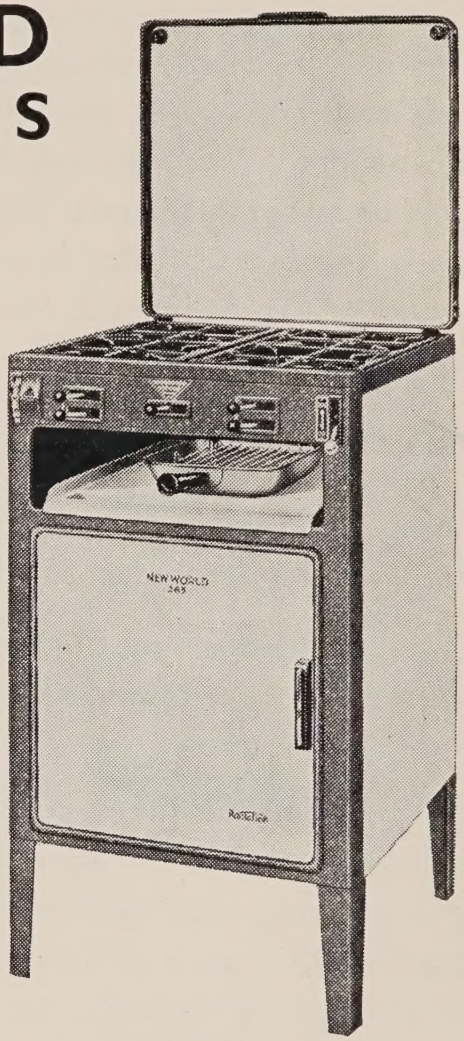
Cook in the oven about twelve to fourteen minutes and, three minutes before the end, sprinkle a little grated cheese on the soufflé in the oven.

NEW WORLD GAS COOKERS

No. 365

SPECIAL FEATURES :

- Super-speed boiling burners and rapid-heating grill.
- Self-lighting hotplate burners with patent non-lighting-back feature.
- Neat panel grouping of the taps and Regulo control.
- Hinged cover-plate closes down over hotplate forming neat table top.
- Single oven burner at back, but lighted at front.
- " Regulo " oven-heat control.
- Bottom-flue-outlet.



NEW WORLD No. 365
with cover plate raised

This is a thoroughly modern Cabinet style cooker with self contained gas governor and embodies outstanding technical advances.

The hotplate, incorporating four boiling burners and a high speed grill, is of semi-solid design with a new type trough casting. The burners are of non-lighting back type and lighting is entirely automatic by the action of turning on the tap of any burner required. A frontal lighting device for the oven burner is also embodied.

The oven, whilst embodying the " New World " principles—single back burner, direct bottom-flue-outlet and the " Regulo "—is a completely new design, the burner being enclosed in a separate combustion chamber ensuring close control of the flow of air through the oven. The efficiency of operation is thereby markedly increased and the cooking quality is of the highest standard. Six grid runners are provided and all interior corners are rounded for ease of cleaning.

PILAFF.

Regulo Setting Mark 5

Apart from the ordinary methods of cooking rice, here is one which gives extremely good results ; the rice is well cooked, well-flavoured, and perfectly dry.

Melt in a flat saucepan two ounces of butter ; when foaming, put in one onion finely chopped ; let it melt and cook without getting brown, then add one breakfastcupful of unwashed rice, stir well, and toss over the lighted burner one minute or so.

Put in twice the same quantity of liquid (water and stock if for a meat dish, water and fish stock if for a fish one), salt and pepper, bring to the boil, cover with buttered paper, put the lid on and cook seventeen to eighteen minutes in the oven. By that time all the liquid has been absorbed by the rice ; and you have a beautiful rice, each grain separate, already flavoured, soft, yet crisp and ready for serving with grilled meat or for a pilaff.

The pilaff can be made with anything : a few mussels or prawns, previously cooked, remnants of cold chicken or lamb ; whatever you are using you cut it in smallish pieces, cook a few minutes only in butter, sprinkle with paprika, season well and mix with the rice in the pan. Cook one minute together, stirring, and serve.

CREAMED ONIONS.

Regulo Setting Mark 5

Boil in salted water three or four big onions. Dry them. Put in a frying-pan one ounce of butter and melt it. Cut your onions in small quarters and put them in the butter till they get a golden colour ; then turn into a fireproof dish, add two rashers of streaky bacon cut very thin. Cook in the oven for a quarter of an hour. Remove the dish and keep it aside till it is only tepid. Then add one beaten egg, a spoonful of cream, mix well together and put back in the oven till golden brown.

SPAGHETTI STRASBOURGEOISE.

Regulo Setting Mark 7

Put a handful of spaghetti in boiling salted water. Boil it fast eight minutes, remove it and drain it well. Take a buttered dish, put a layer of spaghetti, a little purée of foie gras, more spaghetti, more foie gras, finish with a good deal of grated cheese and a few pieces of butter. Brown well in the oven. (It is not necessary for this dish to use the pure foie gras, the purée, which is sold in small tins, will do quite well.)

BAKED BANANAS.

Regulo Setting Mark 7

The bananas are peeled and put in a fireproof dish with Demerara sugar, two tablespoonfuls of water, and lemon juice. Bake brown, pricking and basting the bananas occasionally. Halfway through add a liqueur-glassful of rum and a last sprinkling of castor sugar.

BANANAS SOUFFLÉES.

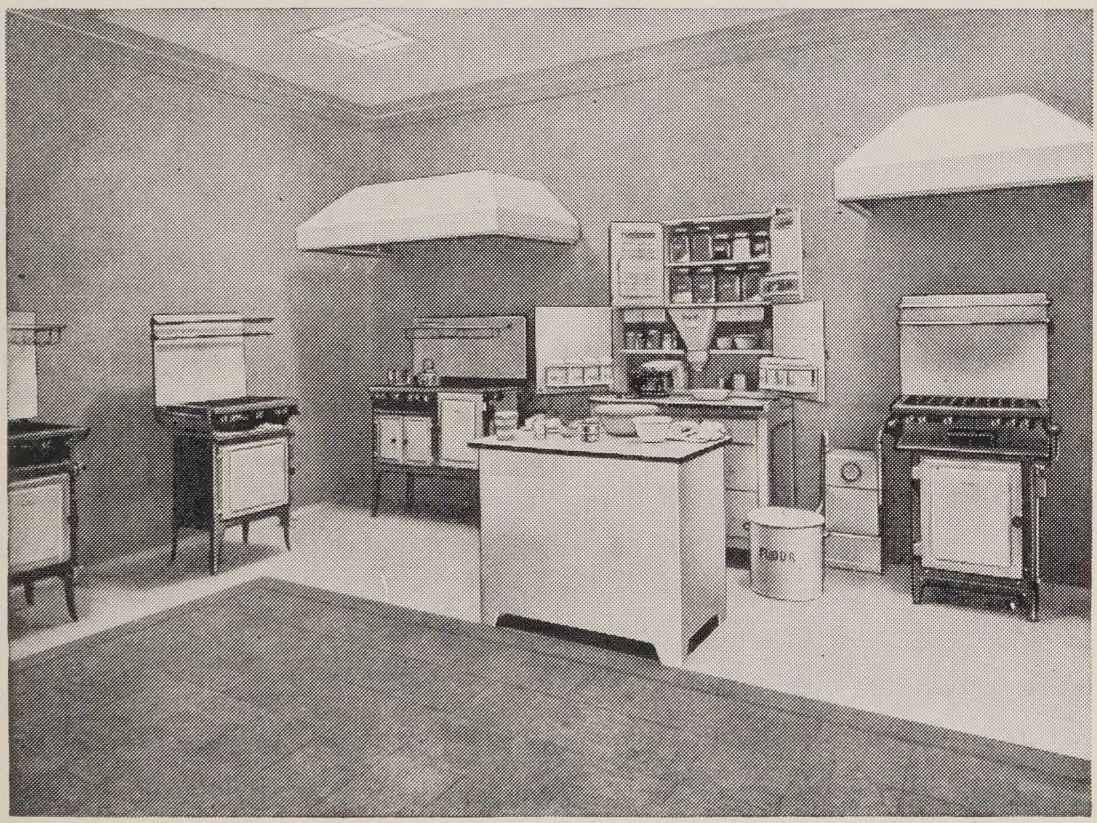
Regulo Setting Mark 8

Take four bananas and cut them in two lengthways. Remove the flesh and mash it well with a fork. Put in a pan a pudding-spoonful of flour, one and a quarter of soft sugar, dilute with hot milk, bring to the boil slowly, and cook a little more, whipping. When it has thickened add in succession the mashed bananas, a drop of rum, the yolks of two eggs, and, lastly, three whites whipped to a stiff froth. Fill the banana skins with the mixture, dispose them in a buttered fireproof dish, and cook about eight to ten minutes in the oven. When they are three-parts cooked sprinkle sugar all over, which should be golden brown when finished. Serve at once in same dish.

APPLES GRATINÉES.

Regulo Setting Mark 4

Have eight eating-apples, peel them and cut them in quarters. Cook half the quantity with very little water and sugar to taste till reduced to a pulp ; stir in two tablespoonfuls of cream.



Two views of the Radiation Research and Demonstration Kitchen, which is completely fitted with the most modern equipment for extensive research and experimental work in cooking.

Cook the rest of the quarters of apples in butter at the foaming stage, turning them carefully on each side. They should cook slowly, brown outside, soft inside ; dispose them on the marmalade of apples in a low fireproof dish. Sprinkle all over two or three macaroons finely crushed, and put here and there a few pieces of butter. Brown slowly in the oven and serve in the same dish.

GINGER SOUFFLÉ.

Regulo Setting Mark 8

Peel and cut one pound of eating-apples and cook them with a vanilla pod and sugar in very little water. When soft, mash them and dry the purée, whipping over the lighted burner for a little while. See that it is sweet enough and add the yolks of two eggs and a little ginger finely chopped, mix well, cook one minute, stirring, and when cool add the whites of four eggs whipped to a stiff froth.

Cook in the oven in a soufflé-dish, standing in boiling water about twelve to fourteen minutes. A few minutes before it is ready sprinkle with icing sugar and crushed nuts (walnuts, filberts, almonds or pistachio nuts) previously roasted.

GATEAU CREOLE.

Regulo Setting Mark 4

Take a quarter of a pound of either grated chocolate or grated cocoa and melt it in a little water ; add a quarter of a pound of butter and mix it well, making a kind of paste, to which you add a quarter of a pound of castor sugar flavoured with vanilla (the simplest way is to leave in the container a stick of vanilla, which will give its flavour to the sugar). Take a pudding-spoonful of flour and mix it well with two whole eggs and mix the whole thing carefully together.

Butter the sides of a Charlotte mould and place a buttered paper on the bottom ; fill in with your batter and cook slowly about three-quarters of an hour standing in boiling water.

When cold, turn it out and pour over it a coffee crème.

COFFEE CRÈME.

The *crème au café* is made like any other French cream, or, should I say, custard. The proportions are eight yolks to a quart of milk, to be altered proportionately. Boil the milk and add it to the yolks mixed with castor sugar ; flavour with syrup of coffee and cook quickly, stirring with a wooden spoon till it begins to thicken. Stir it again several times while it cools, until cold.

SAUCE SABAYON.

This is a sauce to serve with any fritters or pancakes, or it can be served by itself in individual glasses.

Put in a saucepan or a bowl four yolks of egg and three tablespoonfuls of sugar. Cook this standing in boiling water, whipping all the time till it is smooth and thick like thick cream.

Add then a flavouring of liqueurs (rum, brandy, or curaçao according to taste) and finish whipping, away from the burner, till it becomes almost frothy. Serve tepid.

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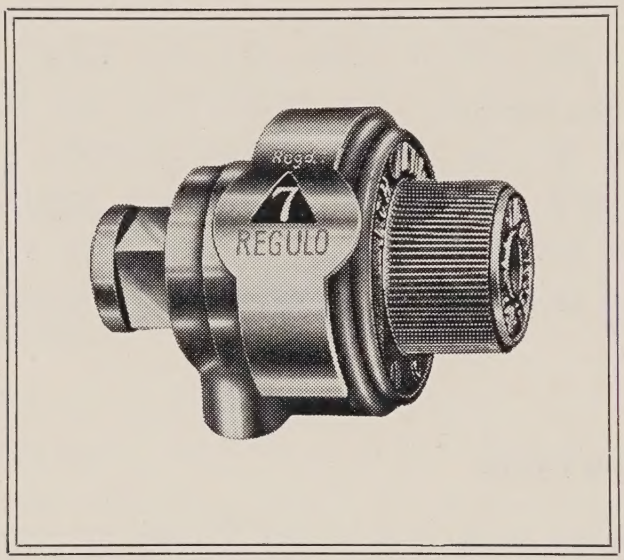

THE REGULO HEAT CONTROLLER

The figures on the Regulo dial represent the complete range of oven heats required for every variety of cooking. To use the Regulo set the dial to the number required, turn the oven tap on full, light the gas and close the door. Allow 15 minutes heating with Regulo settings up to mark 7 and 20-25 minutes with higher marks. When the oven is hot insert the food and close the oven door tightly. At the end of the prescribed time remove the food. During the whole cooking period the oven is left entirely to itself and it is not necessary to open the door from the time the food is inserted until it is finally removed, perfectly cooked.

When using the Regulo always keep the oven tap full on.

The " Regulo " cooking numbers appear in the triangular opening as the knob is rotated.

The three sides of the triangle are a reminder of the features that have made the " New World " the most perfect cooking oven obtainable, i.e., single oven burner, direct bottom-flue-outlet, and the " Regulo " automatic heat control. These three features together are distinctive of the " New World " Cooker with which the highest standard of cooking is attainable.

The word "Regulo" is the registered trade mark of Radiation Ltd.

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